

WHIP IT UP WEDNESDAY

Tortilla Cups with Eggs

INGREDIENTS

- 4 6-inch flour tortillas
- 4 eggs
- 1/4 cup mushrooms
- 1/4 cup bell peppers, chopped
- 1/4 teaspoon ground black pepper

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Wash hands with soap and water.
3. Gently rub produce under cool running water. Cut each tortilla in half and then in half again. This
4. will result in four equal pieces per tortilla.
5. Spray six muffin tin cups with non-stick cooking spray. Overlap two to three pieces of tortilla in each muffin tin to cover completely and create a cup. Press into muffin tin. Spray with nonstick cooking spray.
6. Bake tortilla cups for 10 minutes. Remove from oven and set aside to cool.
7. Mix eggs, mushrooms, bell peppers and black pepper in a medium mixing bowl.
8. Pour egg mixture equally into tortilla cups.
9. Cook for 20-25 minutes until eggs are cooked through, or when internal temperature reaches 160 degrees F.
10. Optional: Top with salsa, green onions, or sour cream.



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